

Full Report (All Nutrients) 09437, Tamarind nectar, canned

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Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices**Carbohydrate Factor: 3.8 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g
Proximates					
Water ¹	g	84.97	2	--	213.27
Energy	kcal	57	--	--	143
Energy	kJ	240	--	--	602
Protein ¹	g	0.09	2	--	0.23
Total lipid (fat) ¹	g	0.12	2	--	0.30
Ash ¹	g	0.09	2	--	0.23
Carbohydrate, by difference	g	14.73	--	--	36.97
Fiber, total dietary ¹	g	0.5	2	--	1.3
Sugars, total ¹	g	12.70	2	--	31.88
Sucrose ¹	g	0.13	2	--	0.33
Glucose (dextrose) ¹	g	5.92	2	--	14.86
Fructose ¹	g	6.07	2	--	15.24
Lactose ¹	g	0.00	2	--	0.00
Maltose ¹	g	0.57	2	--	1.43
Galactose ¹	g	0.00	2	--	0.00
Starch ¹	g	0.00	2	--	0.00
Minerals					
Calcium, Ca ¹	mg	10	2	--	25
Iron, Fe ¹	mg	0.75	2	--	1.88
Magnesium, Mg ¹	mg	4	2	--	10
Phosphorus, P ¹	mg	2	2	--	5
Potassium, K ¹	mg	27	2	--	68

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g
Sodium, Na 1	mg	7	2	--	18
Zinc, Zn 1	mg	0.02	2	--	0.05
Copper, Cu 1	mg	0.014	2	--	0.035
Manganese, Mn 1	mg	0.020	2	--	0.050
Vitamins					
Vitamin C, total ascorbic acid 1	mg	7.1	2	--	17.8
Thiamin 1	mg	0.003	2	--	0.008
Riboflavin 1	mg	0.003	2	--	0.008
Niacin 1	mg	0.070	2	--	0.176
Pantothenic acid 1	mg	0.037	2	--	0.093
Vitamin B-6 1	mg	0.007	2	--	0.018
Folate, total 1	μg	1	2	--	3
Folic acid	μg	0	--	--	0
Folate, food 1	μg	1	2	--	3
Folate, DFE	μg	1	--	--	3
Choline, total 1	mg	1.3	--	--	3.3
Betaine 1	mg	0.1	1	--	0.3
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	0	--	--	0
Carotene, beta 1	μg	0	2	--	0
Carotene, alpha 1	μg	0	2	--	0
Cryptoxanthin, beta 1	μg	0	2	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene 1	μg	0	2	--	0
Lutein + zeaxanthin 1	μg	0	2	--	0
Vitamin E (alpha-tocopherol) 1	mg	0.12	2	--	0.30
Tocopherol, beta 1	mg	0.00	2	--	0.00
Tocopherol, gamma 1	mg	0.02	2	--	0.05
Tocopherol, delta 1	mg	0.00	2	--	0.00
Vitamin K (phylloquinone) 1	μg	0.1	2	--	0.3
Lipids					
Fatty acids, total trans	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g
Cholesterol	mg	0	--	--	0

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8e*, 2004 Beltsville MD

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